

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

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A Message from

Lois Mikkila

Director, Howard County
Department of Citizen Services



There was a time when I thought that 50 or 60 was old. It's not just because I've crossed both those milestones myself that I no longer believe that. It's because I am surrounded by folks in their 50s, 60s, 70s and beyond who are doing amazing things.

One wonderful showcase for that is this year's Women's Hall of Fame, sponsored by Howard County's Commission for Women to celebrate Women's History Month. As accomplished professionals and seasoned volunteers, the five women being inducted have amassed truly impressive records of service to our community. But while their accomplishments are many, none of them are resting on their laurels! They are all still actively making a difference in our community. You may know some of them, or have benefitted from their work.

- **LENORE GELFMAN** — Now the Administrative Chief Judge for the Howard County Circuit Court, she has also distinguished herself as a mentor for young female attorneys and a dedicated community volunteer.
- **MAVIS POLSON LEWIS** — For the past 20 years, she has served as the campaign chairwoman for the Foundation for Black Educational and Cultural Achievement, Inc., an organization that provides funding for higher education for Howard County youth.
- **COLETTE ROBERTS** — Founder of the local chapter of PFLAG (Parents, Families and Friends of Lesbians and Gays), she has worked tirelessly to help keep families together and to end discrimination on the basis of sexual orientation and gender identity.
- **COURTNEY WATSON** — An insurance professional and former elected official on the Board of Education and the County Council, she has been a strong advocate for education and human rights.
- **MARGARET "PEG" WHYTE** — Co-founder of Grassroots Crisis Intervention Center and a tireless advocate for the Linwood Center, she has spent a lifetime supporting and advocating for the local mental health and disabilities communities.

To learn more about these remarkable women, please join us for the **Women's Hall of Fame Induction Ceremony & Reception** on Thursday, March 12, at 7:30 p.m. in the George Howard Building in Ellicott City. Admission is free.



2015

WOMENFEST

A Health & Wellness Event for Women

Do you offer products and/or services that promote health, wellness, fashion and beauty and are designed to inspire women to live a more balanced, healthy and fulfilled life? If so, then be sure to apply for a spot at this year's WomenFest on Saturday, April 25, from 10:00 a.m. to 3:00 p.m. at the Gary J. Arthur Community Center in Glenwood, 2400 Route 97 in Cooksville. General admission and parking are free.

Back for its 7th consecutive year, this signature wellness event for women is coordinated by the Howard County Office on Aging. Last year, WomenFest attracted 600 participants and more than 100 vendors and exhibitors. In addition to its wide array of vendors, this annual event also features free health screenings and engaging seminars and workshops. This year's topics include:

SPLASH OF ART — Lisa Noss from Pinot's Palette leads this workshop, designed to bring out your inner artist.

CAN YOU HEAR ME NOW? — Norma Stevens, MS, LCPC, of IHS Psychotherapy and Counseling LLC, shares communication tools to enhance your listening skills and strengthen your relationships.

EXERCISE GOOD CENTS — Pamela Gilmour, CEO, CPA, and Stephen Norris, CFP, from Financial Fitness offer tips to help you get your finances in order and reduce your financial stress.

BE ON GUARD, IT'S NOT HARD — Lt. Troy Bailey from the Howard County Police Department will demonstrate how to be more aware of your surroundings and how you can protect yourself if the need arises.

THE PULSE OF WELLNESS — Kristin M. Clark, MD, from WellBeing Medical Care will help you learn the steps toward a heart healthy life that will benefit you at any age.

In addition to these seminars, WomenFest 2015 will feature a keynote address by **Lynne Brick, president of Brick Bodies Fitness Services, Inc., entitled "Build Your Healthy Tomorrow, Today!"** Lynne's interactive presentation is geared to motivate and inspire you on your journey to health and happiness in just three easy steps.

Exhibitor applications, sponsorship information and event details are available online at www.howardcountyaging.org/WomenFest. Applications may be faxed to 410-313-5950, or mailed to: WomenFest 2015, Attention: Donna Tugwell, Howard County Office on Aging, 6751 Columbia Gateway Drive, Suite 211, Columbia, MD 21046.

For more information about WomenFest, follow our Facebook page at www.facebook.com/HoCoCitizen, or contact Courtney Barkley at 410-313-5957 or cbarkley@howardcountymd.gov.

Building a Fit Brain

with **Dr. Majid Fotuhi**
and **NeurExpand**



BRAIN CENTER

Register today for one or all of the dynamic **Building a Fit Brain** seminar series at our Howard County Senior Centers starting in March 2015! **SPACE IS LIMITED!** Call the host center to register for each individual session.

East Columbia 50+ Center • 410-313-7680 (VOICE/RELAY)
Thursday, March 5 • 10:00 a.m.

- * **ROLE OF SLEEP:** What happens to our brain when we don't get enough sleep? Dr. Fotuhi discusses the effects of sleep deprivation, insomnia, sleep apnea, and best options for treatment.

North Laurel 50+ Center • 410-313-0380 (VOICE/RELAY)
Thursday, March 12 • 10:00 a.m.

- * **ROLE OF STRESS & MINDFULNESS:** Everyone has stress, but who knew it could affect brain performance? Find out how stress affects your brain and simple tools you can use to reduce stress.

Glenwood 50+ Center • 410-313-5440 (VOICE/RELAY)
Friday, March 13 • 1:00 p.m.

- * **6 STEPS TO A BETTER BRAIN:** Looking to rejuvenate your memory and brain performance? Find out what happens to your brain with aging and Dr. Fotuhi's 6 steps to reverse age-related brain atrophy.

Elkridge Senior Center • 410-313-5192 (VOICE/RELAY)
Thursday, March 19 • 1:00 p.m.

- * **ROLE OF BRAIN GAMES:** Are you a crossword puzzle champion? Dr. Fotuhi discusses the tips and tricks to keep your memory sharp and provides new ideas to give your brain a workout.

Bain Center • 410-313-7213 (VOICE/RELAY)
Thursday, March 26 • 10:00 a.m.

- * **ROLE OF EXERCISE:** Did you know that walking one mile a day reduces your risk of Alzheimer's by about 50%? Find out what other exercises keep your brain healthy and strong for years to come.

Ellicott City Senior Center • 410-313-1400 (VOICE/RELAY)
Thursday, June 11 • 1:00 p.m.

- * **ROLE OF EXERCISE:** Did you know that walking one mile a day reduces your risk of Alzheimer's by about 50%? Find out what other exercises keep your brain healthy and strong for years to come.



Department of

CITIZEN SERVICES

Aging • Children's Services • Consumer Affairs

If you need accommodations to participate, contact Maryland Access Point at 410-313-5980 (voice/relay) or email map@howardcountymd.gov one week prior to the event date.

Howard County Government does not endorse or recommend products or services associated with programs held at the Senior Centers and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

www.howardcountyaging.org

Debt Collection Rights

If you are behind in paying your bills, or a creditor mistakenly believes that you owe a debt, you may be contacted by a debt collector. You have rights, however, under Maryland and Federal law that protect you from abusive, unfair or deceptive debt collection practices. If you have debt collection problems:

- 1. GET MORE INFORMATION.** Get the caller's name, company, street address, phone number, and professional license number. If you don't recognize the debt, ask for more information in writing.
- 2. DISPUTE THE DEBT IF YOU BELIEVE IT TO BE IN ERROR.** Write a letter disputing the debt or any portion that's incorrect. It is important to do so as soon as possible after you are first contacted, and keep copies of any correspondence you send. When you dispute a debt in writing, the collector must obtain and provide you with written verification of the debt.
- 3. KNOW YOUR RIGHTS.** Debt collectors may contact you by phone, but must then send you a letter within five days informing you how much debt is owed, the name of the creditor to whom you owe the money, and how you can proceed if you don't think you owe the money. They may not:
 - discuss your debt with others
 - contact you at your place of employment if you tell them (orally or in writing) that you are not allowed to receive calls on the job; or
 - threaten force or violence, use obscene or grossly abusive language or call repeatedly or in a manner to harass you.
- 4. STOP HARASSING AND/OR OFFENSIVE PHONE CALLS.** If the debt collector won't stop calling, send a letter by certified mail (return receipt request) telling the debt collector to stop. Once the notice is received, the debt collector may only contact you to tell you that it is ceasing communications or taking a specific action, like filing a court action.

For more information on this or other consumer topics, contact the Howard County Office of Consumer Affairs at 410-313-6420 (VOICE/RELAY) or visit www.howardcountymd.gov/consumer.

SAVE THE DATE!



Saturday, April 25 • 1:00-4:00 p.m.
Howard County Miller Library

Featuring a moderated panel discussion and facilitated breakout sessions on future challenges and opportunities for women

MORE INFO: 410-313-6400 (VOICE/RELAY) or
women@howardcountymd.gov

Light fare and coffee will be served.

PRESENTED BY



Howard County
Commission for Women



Howard County
League of Women Voters

www.howardcountymd.gov/cfw.htm

March 2015 Calendar of Events

Don't miss these exciting programs and services from the Howard County Office on Aging!

To register for any of these events or for additional information, call the number listed or Maryland Relay 7-1-1.



Tuesday, March 3 • 11:00 a.m.

Lyric Opera House Presents: The Fabulous 50's • Bain Center

Enjoy music from the Fabulous 50's followed by a special luncheon. R.S.V.P. by February 26 to 410-313-7213. FREE; lunch donations accepted.

Wednesday, March 4 • 10:00 a.m.

The Cherry Blossoms • Glenwood 50+ Center

Join National Park Service Ranger, Brad Berger for a presentation on the history of the Cherry Blossoms in Washington, DC. FREE; register at 410-313-5440.

Wednesdays, March 4, 11, 18 and 25 • 1:00 p.m.

The History of Germany • Ellicott City Senior Center

Learn about Germany's Unification, Division and Reunification from 1866 to 1989 in this new series with Gary Kavanagh; each week is a different topic. FREE; register at 410-313-1400.

Wednesday, March 4 • 6:30 p.m.

Memory Café • Ellicott City Senior Center

Social interaction and education for those with early-stage memory loss, their families and friends, and health care professionals. First Wednesday of the month. FREE; sponsored by the Alzheimer's Association. RSVP to Yolanda Wright, 410-561-9099 x208 or ywright@alz.org.

Wednesday, March 4 • 7:00 p.m.

Paws4Comfort Pet Evaluations • Bain Center

Volunteer with your pet! Free evaluations are held the first Wednesday of each month at the Bain Center. For more information, contact Ingrid Gleysteen at 410-313-7461.

Wednesday, March 4 • 7:00 p.m.

Medicare 103: Using Medicare's Plan Finder • Bain Center

Learn how to use the "Plan Finder" tool on www.medicare.gov to compare and review Medicare Prescription Drug Plans. FREE. Sponsored by SHIP; register at 410-313-7391.

Wednesday, March 4 • 9:00 a.m. to 7:00 p.m. (all day)

Philadelphia Flower Show • East Columbia 50+ Center

Travel with us to the nation's largest and longest running flower show. This year's theme is "Lights, Camera, BLOOM!" \$84; reservations at 410-313-7680.

Thursday, March 12 • 10:00 a.m. (doors open at 9:30 a.m.)

"Hello Dolly" • Mt. Hebron High School, 9440 Route 99, Ellicott City

Enjoy the matchmaking antics of Dolly Levi in this local student production. Limited parking; please carpool. FREE. Reservations by March 6 to Trisha Olsen at nlaurel50center@howardcountymd.gov or 410-313-0380.

Tuesday, March 18 • 12:30 p.m.

The Irishman's Chorale • Ellicott City Senior Center

Celebrate St. Patty's Day with Amhránaí Na Gaeilge, an authentic Irish Choral Group dedicated to the preservation of Irish culture and history through music. FREE; 410-313-1400 for more information.

Wednesday, March 18 • 1:00 p.m.

Stream Mapping • East Columbia 50+ Center

Rachel Beebe from the Office of Environmental Sustainability will share the new Stream Mapper project which enlists citizens' help to monitor streams in their neighborhoods. Free; 410-313-7680 for more information.

Friday, March 20 • 9:00 a.m.

Waffle Bar & Nutrition Counseling • Glenwood 50+ Center

Join us in the lobby café for a breakfast of waffles and sausage, then take advantage of our free nutrition education and counseling with Rona Martiyan, MS, RD, LDN. Register at 410-313-5440.

Friday, March 20 • 10:45 a.m.

**Bite into a Healthy Lifestyle
Ellicott City Senior Center**

Jodi Bargamian highlights current trends in nutrition, and explains how food choices impact your health and wellness. FREE; details 410-313-1400.

Friday, March 20 • 11:00 a.m.

Spring Clean Your Diet • Bain Center

Nutritionist Linden Griffith will discuss the importance of going back to the basics and adding nutrient-packed fresh produce to your diet. Seating is limited; reserve your seat at the front desk by March 13.

Wednesday, March 25 • 10:30 a.m.

Taste of Maryland • North Laurel 50+ Center

Learn the history of Maryland's iconic food traditions – beaten biscuits, crab cakes, coddies, McCormick® spices and Old Bay® – and more. FREE; register at 410-313-0380.

Wednesday, March 25 • 1:00 p.m.

Fitness for Fido • East Columbia 50+ Center

Teach your dog new tricks! Learn new games to play with the help of our "demo dog," but please leave your own pet at home! FREE; register at 410-313-7680.

Friday, March 27 • 9:30 a.m.

Spring Art Workshop • North Laurel 50+ Center

Paint your own wooden frame using elegant floral designs and enjoy a relaxing morning socializing with friends. Cost: \$8, includes all materials. Call 410-313-0380 to register by March 25.

Friday, March 27 • 11:00 a.m.

Herbs Through the Ages • North Laurel 50+ Center

Discover the historical uses of herbs through the ages with the Howard County Master Gardeners. Learn how to make a linen spray and culinary herbal mixes. FREE; register at 410-313-0380.

Tuesday, March 31 • 6:00 p.m.

Technology to Enhance Aging in Place • Glenwood 50+ Center

Our Caregiver Education Series features Ted Meyerson, from United Seniors of Maryland, who will review technology to help older adults remain at home as long as possible. FREE; a light supper will be offered. RSVP is required; contact Valerie Liss at 410-313-5980 x26.

Tuesday, March 31 • 10:00 a.m.

Practical Kitchen Ideas • The Bain Center

The SeniorsTogether Low Vision group welcomes Ruth Sager from Blind Industry Services of Maryland presenting valuable tools and techniques for the low-visioned adult to safely and independently function in the kitchen. FREE; to register, call Elaine Widom, 410-313-7353, by March 25.



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This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

**Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org**

Find us on  [www.Facebook.com/HoCoCitizen](https://www.facebook.com/HoCoCitizen)

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Advertising contained in the Beacon is not endorsed by the Howard County Office on Aging or by the publisher.

To request accommodations to attend any of these events, call 410-313-5980 (VOICE/RELAY) one week in advance.

START LIVING WELL TODAY!

DIABETES and other CHRONIC CONDITIONS **CAN** be managed with our 6-week Living Well program!



Living Well with Diabetes Glenwood 50+ Center

Six Wednesdays, April 8 - May 13
9:30 AM - NOON | \$28 includes all materials



Living Well: Take Charge of Your Health Medical Pavilion Wellness Center at Howard County

Six Fridays, April 10 - May 15
10:00 AM - 12:30 PM | \$28 includes all materials



Contact: WENDY FARTHING
wfarth@howardcountymd.gov

410-313-3506
(VOICE/RELAY)

howardcountyyaging.org

Seniors Together

CONNECT • LEARN • GROW

Coping with Hearing Loss

A four-week series presented by a University of Maryland Speech & Hearing Department qualified audiologist and graduate students for individuals with hearing loss and/or their families. The program will address hearing devices, managing your environment and coping strategies.

Thursdays, April 2-23 • 1:00 - 3:30 p.m.

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

SPACE IS LIMITED ... REGISTRATION DEADLINE MARCH 27
\$25/person (scholarships available)

Register with Elaine Widom
410-313-7353 (VOICE/RELAY)

www.howardcountyyaging.org/seniorstogether



Have you made your nomination for 2015?
The deadline is Friday, March 13!

Celebrating Successes *Excellence in Bloom*

HONORING THOSE WHO GUIDE OUR CHILDREN... AND OUR FUTURE

The Office of Children's Services annually honors those who guide our children, and ultimately, our future! All nominees are recognized at "Celebrating Successes – Excellence in Bloom!"

Nominate someone today and plan to attend the 16th Annual Awards, Tuesday, April 28 at Ten Oaks Ballroom!

www.howardcountymd.gov/celebratingsuccesses



strong • savvy • sage

WOMENFEST

A Health & Wellness Event for Women

**Saturday, April 25, 2015
10 am - 3 pm**

**Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723**

**WomenFest is THE perfect place to
enjoy two weeks before Mother's Day!**

Bring your mom, grandmothers, sisters, daughters, and friends for a day of fun and shopping featuring 90+ vendors and exhibitors, informative seminars, important health screenings, door prizes and more!

If you need accommodations to attend this event, call MAP at 410-313-5980 (VOICE/RELAY) at least one week prior.

Build Your Healthy Tomorrow, Today!

**Keynote speaker, Lynne Brick, president,
Brick Bodies Fitness Services, Inc.**

Lynne's presentation will feature three easy steps to motivate and inspire you on a journey to health and happiness.

Plus, workshops on self-defense, heart health, painting on canvas, financial wellness, and keeping relationships strong (see details on the front page of this 4-page issue of the Senior Connection!)

410-313-5440 (VOICE/RELAY)



www.howardcountyyaging.org/womenfest

